**Health and Wellness—Possible Pathways**

**Health Care Aide**-not an accredited pathway, but would definitely give a student a leg up if they decided to pursue this as a career. This is the full meal deal based on the pathway done in Edmonton Catholic…however it’s important to note that they are having a lot of difficulty sustaining it in this form.

HSS 1010-Health Services Foundations

HCS 1050-Muscolskeletal System

HCS 1060-Digestive System

HCS 1070-Respiratory System

HCS 1080-Cardiovascular System

HCS 1100-Infection and Immunity 1

HSS1030-Communication Skills for Health Professionals

HCS2130-Chronic Conditions

HCS2020-First Aid/CPR with AED

HCS 2050-Endocrine System

HCS 2070-Urinary System

CCS 2010-Health Care 1

HSS 3010-Professional Standards and Ethics

CCS 3030-Aging

HSS 3020-Mental Health and Wellness

HCS 3040-Child Care First Aid

CCS 3010-Health Care 2

CCS 3020-Health Care 3

**Health Care Field**

For students who might be interested in any health care field, there are some other good pathways that could be built…perhaps call them Medical Studies or Health Sciences…depending again on teacher expertise and student interest. A possibility could be to choose 3 of the body systems courses (keep in mind HSS 1010 as a pre-req first), and then perhaps adding any combination of the following (bundled in 3 credit blocks…easily added to the 3 body care systems):

\*The problem of course is finding the resources to make these do-able. The \*starred courses have a distributed learning resource in development. There is a very good text resource called “The Human Body in Health and Disease” that would be good for several of the courses.

*Body systems-could choose three, or could just build a course based on these:*

HCS 1050-Muscolskeletal System \*

HCS 1060-Digestive System

HCS 1070-Respiratory System

HCS 1080-Cardiovascular System

HCS 2050-Endocrine System

HCS 2070-Urinary System

*Good for overall health care*

CCS 1020-Back Care Basics

CCS1030-Caring for Body Systems 1

CCS 2030-Caring for Body Systems 2

*The Immune System-a biology teacher might really like this type of specialty*

HSS 1100-Infection & Immunity 1

HSS 1110-Infection & Immunity 2

HCS 2100-Infection & Immunity 3

*Probably good for kids looking at becoming an LPN or Nurse*

HCS 2120-Pain and Pain Management

HCS 2130-Chronic Conditions

CCS 3030-Aging \*

*General health care system-more administrative…maybe for kids who are thinking of working in that aspect of health care*

HSS 1030-Communication Skills for Health Professionals

HSS 3010-Professional Standards and Ethics

HCS 3150-Advances in Medical Technology

CCS 2040-Integrative Health \*

OR you could bundle together any of those three credit bundles.

Innisfail High had a “Medical Studies” class last year, taught by the Biology teacher. He is looking at offering it again. He focused on using the body systems courses…mainly Respiratory, Digestive, and Cardiovascular and was considering Endocrine.

**Health, Safety and the Outdoors Pathway-Cremona**

First semester bundle-focus on the health and safety courses:

HSS 1010-Health Services Foundations

HCS 2020-First Aid and CPR with AED

HCS 3040-Child First Aid

Time permitting-HSS 1020 Nutrition and Wellness **or** HSS 1100-Nature and Wellness

Second semester bundle-move into more advanced health and safety and relate to the outdoors:

HCS 3020-First Responder 1

WLD 1060-Wilderness Navigation

WLD 1130-Outdoor Survival Skills

Possible additional credit for WLD 2130-Outdoor Excursion

Advanced 3 credit course in future years for grades 11 and 12 (if possible with timetabling, enrolments)-

HCS 1080-Cardiovascular System

HCS 3030-First Responder 2

WLD 3130-Outdoor Leadership

Time permitting-WLD 3140-Introduction to Guiding

**Leadership Pathways-a couple of examples:**

**Didsbury 5 credit bundles:**

Cycle 1-Year 1

HSS 1080-Leadership Fundamentals 1

HSS 1050-Introduction to Mentorship

HSS 1030-Communication Skills for Health Professionals

CCS 1080-Community Volunteerism

CCS 1910-CCS Project A

Cycle 2-Year 2

HSS 2080-Leadership Fundamentals 2

HSS 2050-Becoming a Mentor

HSS 1090-Speaking and Presenting

CCS 2080-Community Volunteerism 2

CCS 2910-CCS Project B

Cycle 3-Year 3

Leadership Fundamentals 3

HSS 3060 Extending the Mentoring Relationship

HSS 2030-Perspectives on Interpersonal Relationships

CCS 3080-Community Enhancement

CCS 3910-CCS Project D

**Hugh Sutherland Carstairs: 3 or 4 credit bundles**

Year One:

HSS 1080-Leadership Fundamentals 1

HSS 1090-Speaking and Listening

CCS 1080-Community Volunteerism

Year Two:

HSS 2080-Leadership Fundamentals 2

HSS 2030-Perspectives on Interpersonal Relationships

HSS 2910-Project B

CCS 2080-Community Volunteerism

Year Three:

HSS 3080-Leadership Fundamentals 3

HSS 3090-Governance and Leadership

HSS 3910-Project D

CCS 3080-Community Enhancement

**Fitness and First Aid Pathways-Sundre High** (they work very closely with the local fitness centre)

First Aid

HCS 2020-First Aid/CPR with AED

HCS 3040-Child Care First Aid

REC 1020-Injury Management 1

Fitness 10

H2S 1010-Health Services Foundations

HSS 1020-Nutrition and Wellness

HCS 1050-Musculoskeltal System

Fitness 20

HCS 1080-Cardiovascular System

REC 3010-Human Movement

REC 3040-Training and Conditioning

**Biology Related**

**Didsbury High-**The Bio teacher is looking at these possibilities-she’d like to offer 3-5 credit bundles to her students who might not want to take Bio 20 and 30 but who are still very interested in learning more biology-type concepts.

Introductory HSS/HCS Level:

1.  Health Services Foundations   HSS 1010

2.  Nutrition and Wellness HCS 1020

3.  Musculoskeletal System HCS 1050

4.  Digestive System HCS  1060

5.  Respiratory System HCS  1070

6.  Cardiovascular System HCS 1080

7.  Infection and Immunity I HCS 1100

8.  Infection and Immunity II HCS 1110

9.  HCS Project A HCS 1910

Intermediate HCS Level:

1.  Nervous System and Senses HCS 2050

2.  Endocrine System HCS 2060

3.  Urinary System HCS 2030

4.  Infection and Immunity 3 HCS 2100

5.  Pain and Pain Management HCS 2120

6.  Chronic Conditions HCS 2130

7.  HCS Project B HCS 2910

8.  HCS Project C HCS 2920

Advanced HCS Level:

1. Reproduction and Readiness for Parenting HCS 3050

2. Pregnancy, Birth and Infant Care HCS 3060

3. Advances in Medical Technology HCS 3150

4. HCS Project D HCS 3910

5. HCS Project E HCS 3920